



PUTTING YOU FIRST

At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.



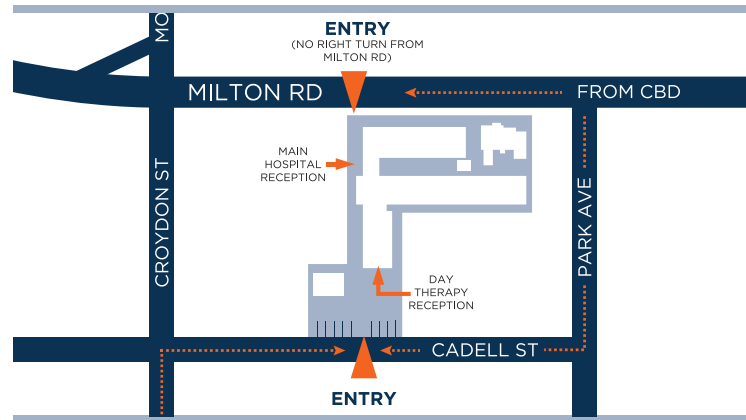
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At TPH we provide a range of programs tailored to meet the needs of participants including:

- Military Service Trauma Relapse Prevention Program
- Military Service Trauma Recovery Program
- Military Service Anger Management Program
- Military Service Alcohol Day Treatment Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Assertive Community Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.



MILITARY SERVICE Anger Management Program



DAY TREATMENT PROGRAM FOR MILITARY AND EX-MILITARY PERSONNEL EXPERIENCING ANGER CONTROL PROBLEMS

Toowong Private Hospital's (TPH) Military Service Anger Management Program has been developed to help military and ex-military personnel regain control of their anger and use it in a healthy manner.

Anger is a powerful, vital emotion and necessary for survival. However, anger can become a problem if it is too intense, lasts too long, occurs too often or is inappropriate to the circumstances. Anger problems can affect anybody regardless of age, rank, gender or role in the military. It can also have a significant, and negative, influence on your health, relationships and quality of life.



Signs that you may have problems with anger include:

- Reacting aggressively to small problems
- Finding it difficult to calm your anger and diffuse angry thoughts
- Experiencing frequent, excessive or extended anger
- Feeling regret about your actions during arguments
- Angry outbursts affecting your relationships or work
- Those close to you commenting about your anger.

Evidence-based Treatment Program

TPH's Anger Management Program focusses on improving your quality of life through effective management of anger and aggression. The program runs three days a week for two weeks with a one-day follow-up session at three months.

During the sessions we will work with you to:

- Increase your understanding of anger and aggression
- Manage anger, depression and anxiety
- Overcome relationship difficulties
- Improve your communication
- Develop assertion skills
- Prevent relapse.



MILITARY SERVICES SPECIALISTS

Rates of depression, anxiety disorders, posttraumatic stress disorder and alcohol use are high in military and ex-military personnel. At TPH we understand that problems can result from a variety of situations and have a profound effect on your health and quality of life.

All of TPH's day treatment programs are conducted by our multi-disciplinary team. Structured as a group program with military and ex-military peers, this treatment approach helps you to:

- Recover in a supportive environment
- Share similar experiences and feel less alone
- Face personal difficulties and challenges
- Develop improved motivation and social engagement.

Over the past decade we have treated more than a thousand military and ex-military personnel. Our evidence-based treatment programs have demonstrated significant improvements in quality of life, posttraumatic stress disorder, depressive and anxiety symptoms, and a reduction in alcohol consumption sustained at 12 months.